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dentally we may note that for those who wish to follow in the way Professor Brown points out it is free to all; there are no expenses attached, indeed quite the contrary, as it leads to a simple and economical way of living as well as a sane and healthy one.

**HUMAN PHYSIOLOGY.** An Elementary Text-Book of Anatomy and Physiology and Hygiene. By John W. Ritchie, Professor of Biology, College of William and Mary, Virginia. List price, 80 cents; mailing price, 96 cents. World Book Company, Caspar Hodgson, Manager, Yonkers-on-Hudson, N. Y.

Following in line with the popular idea of the education of the laity in matters pertaining to health and hygiene, started or at least adopted by the tuberculosis campaign, comes this little book which is intended for the schools and for the general reader. It is all that its author, in the preface, claims that an elementary text-book in physiology should be, viz.: "A balanced text, containing sufficient anatomy to make clear the broader outlines of the structure of the human body, enough physiology to make plain the great laws according to which the body lives, and a full discussion of how a violation of these laws may be avoided."

Following out this idea, after the anatomy of the body the book takes up foods and energy before beginning with the digestive organs and the processes of digestion, absorption, and oxidation of foods; and before going on to the circulation takes up dietetics. After making clear the function of the lungs and the process of respiration we are given ventilation; after the skin comes bathing; after the nervous system the special hygiene of the nervous system. Here the author speaks with no uncertain sound, stating with great clearness the proven facts concerning some of the commonest abuses of hygiene of the nervous system. He shows how the use of alcohol, for instance, lowers the power of the body to resist disease germs, and summing up says: "Overwork, hunger, exposure to cold, wet feet, insufficient sleep, bad ventilation, bad food, lack of exercise, alcohol—all of these things injure the body and lower its germicidal power. It is a duty that every one owes to himself to keep his body in good condition, and to fail to do so is no more sensible than it would be for a garrison in a hostile country to go to sleep with the gates of the fortress open."